



“I learned to
live well with
my chronic
disease.”

CHRONIC DISEASE
SELF-MANAGEMENT
PROGRAM

DATE:

LOCATION:

FOR MORE INFO:

I attended the Chronic Disease Self-Management Program. It teaches people with heart disease, arthritis, diabetes, or lung disease important skills for living better with a chronic illness. From medication management to exercise and nutrition tips, they'll help you make the most of your life.

Live Like Your Life Depends On It.


Live Well
MESSAGE ALLIANCE
www.lifedependsonit.com